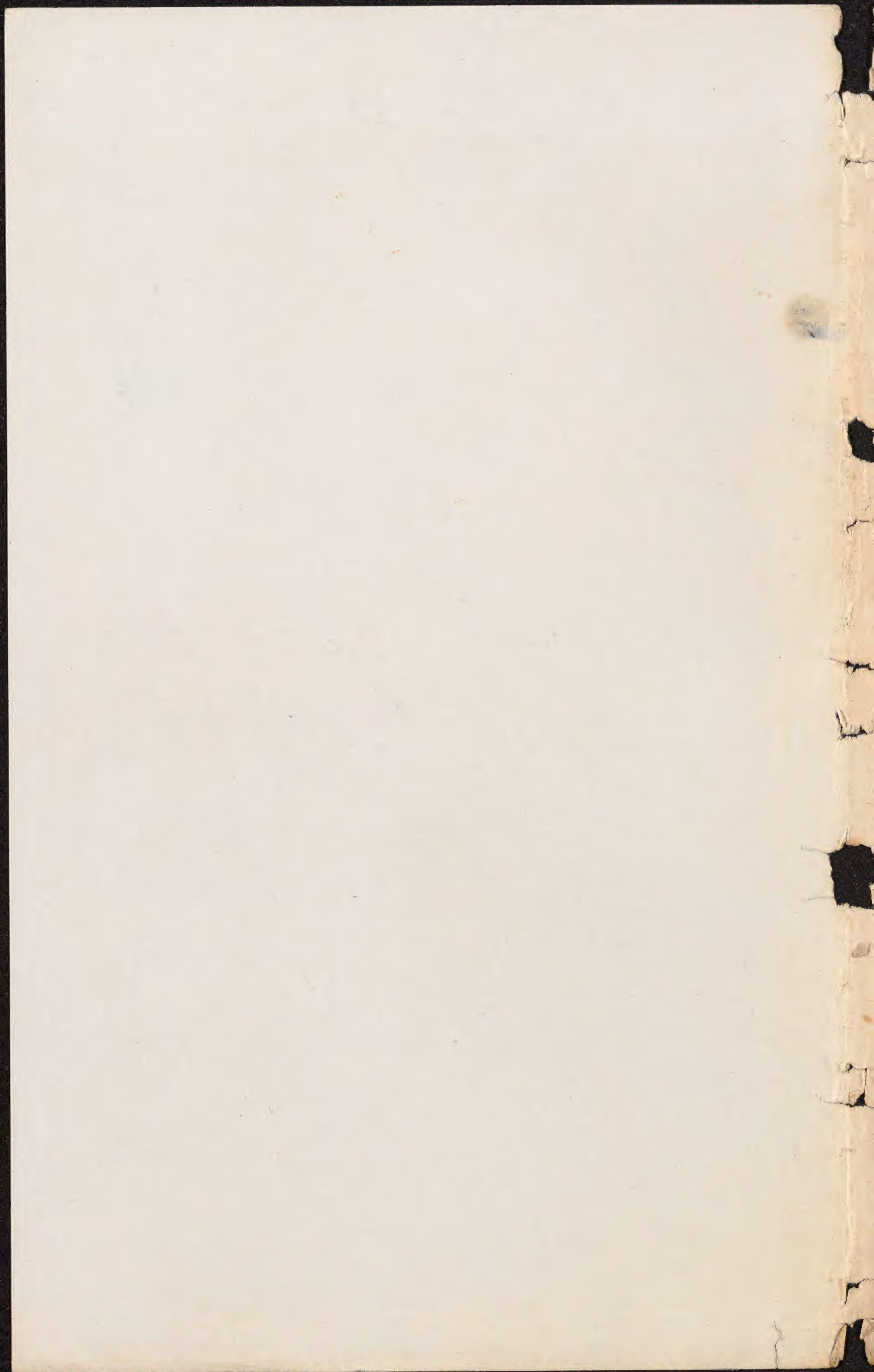


[CA. 1873-1875?]

Sexual Hygiene.



Saturday

(26)

Principles of Sexual Hygiene.

N. RECITATION. RECITATION. Av. Neg. Ab.

1. Action of the Reproductive organs is not necessary to the individual.
2. No harm results from inaction of these organs.
3. Sexuality is ~~physiologically~~ healthy and safe only in marriage.
4. The married state is, as a rule, more favourable to health than celibacy.
5. Abnormal sensuality is injurious in proportion to
 - A. Prematurity.
 - B. Deviation from naturalness.
 - C. Frequency and amount of indulgence.
6. Such errors or excess may produce epilepsy, insanity, disease of the heart, or general nervous debility.
7. Hygiene furnishes no justification of prostitution.
8. Chastity of life requires purity of thought & feeling.

(Saturday)

Principles Of Sexual Hygiene.

1. Action of the reproductive organs is not necessary to the individual. No harm results from their inactivity, ~~even~~ through long periods.

2. Sexuality is healthy and safe only in marriage.

3. Abnormal sensuality is injurious in proportion to prematurity, deviation from naturalness, ~~and~~ frequency and amount of indulgence.

~~* Such errors may cause epilepsy, insanity, disease of the heart, or general nervous debility.~~

~~Hygiene furnishes no justification of prostitution.~~

5. Chastity of life requires pur-
ity of thought and feeling.

Sexual Hygiene. 1

✓ I propose, on this topic, to dwell briefly upon a few statements, ~~which~~ ^{which} ~~are~~ ^{the} ~~most~~ ^{most} important. ~~to be overlooked.~~ My design is to ~~say~~ ^{point out}, especially, the ^{clear} physiological basis for sound principles in regard to it; the application of which may then be extended readily, by reflection.

~~Comparing man with other~~
~~species of animals, we find in him a~~
~~difference ^{from many of them} in regard to the periodicity of~~
~~functional action of the reproductive ap-~~
~~paratus. Although, in the ^{female} sex, there~~
~~is a recurrent action of a certain kind,~~
~~yet there is nothing of the kind in the~~
~~other sex; there is, ^{according to animal observation} in man~~
~~say, no special Capacity ^{only I} for the procreative function, at certain~~
~~seasons, such as may be observed in~~
~~many other animals.~~

X Of primary consequence ^{is the}

statement that there is, in neither sex, ^{individual} any necessity ~~to the~~ for activity of the reproductive organs. X

Some structures in the body are essential, in their constant or regular action, to the health or the life of the economy. Such as the heart; ^{so are} the lungs; the liver & kidneys; and the spinal marrow. So it is not, with the brain (cerebrum) - whose activity ^{as such;} is not directly necessary to life; and it is not so, either, with the sexual apparatus. Thus, the mammary glands in a woman may remain quite inert through a lifetime, with perfect health. When offspring requires ~~her~~ nourishment, then activity begins; that ~~is their~~ ^{is their} special or occasional use. The whole Reproductive system ^{therefore} has a special purpose, - the continuance of the species.

which is not necessary to the
individual; and hence its activity
is not ~~not~~ ~~not~~ essential for the
preservation of life or of health.

Being, then, not-necessary, is the
action of this apparatus normal
or useful to the individual?

We answer, that the rule is, it is normal and useful ^{only} under normal conditions. These are furnished by the relation of marriage; to which condition the continuance of the species rightly belongs.

And, when abused, no organs
may be the means of greater injury.
For, the function of generation is
the 'highest of the organic functions.
It is the creation, almost — the "repro-
-duction" of a new being, — the renewal
of the life-impulse, thus capable of

4

indefinite extensor. This capacity
requires elaborate organic devel-
opment and preparation. In those
insects, for instance, which have
three stages of life, larva, pupa,
and imago, of which the duration
of the last is the shortest, it is
yet the only one in which they can
reproduce; all the length of the
preceding periods ~~being~~ being
required to mature their powers.

The expectation, then, on
physiological grounds, that sexual
excesses, ^{and abuses} ~~must~~ must be destructive,
has ample confirmation in the results
of experience. No error of life
so exhausts both material and
force, — especially in the male sex.
The extent of its evil effects
is in proportion to its abnormality.

On this subject certain important ^{practical} principles ~~require~~ ^{must} be understood.

1st Prematurity increases the injury of sexual indulgence very much. A man is not fully fitted for marriage before 21; or better, 25; a woman, not fully, before 20; although people often marry ~~is~~ ^{is} ~~much~~ ^{younger}, and in the East women marry and bear children ^{Dr Cutler's Boston case - girl pregnant at 10 - delivered under 11 mos. -} under 15. This is clearly premature, and enfeebling both to the

individual and the race. The physical degeneration of certain Oriental populations is in part ascribed ^{to it.}

2nd Sexual indulgence is safe or the reverse according to its nat-
-urality. With a true and com-
plete sexual union, combin-
ing affection with passion ^{or desire,} as in
marriage, it is safe and normal;
although 'still capable of excess.'

The married state is, as a rule,⁶
salutary for all. As sexuality
~~into passionless indulgence and self-abuse,~~
or sensuality, deviates from ~~the~~ nature
~~into passionless indulgence and self-abuse,~~
values, ^{of venery} it becomes, in the same
degree, injurious in its effects. The
resulting harm is most marked
usually in ~~the~~ disturbance of the
heart & the nervous system, and
in loss of general organic energy,
which sometimes goes down very far. X
3. The extent and frequency
of indulgence ~~and~~ of course of
consequence. [In married life; once in 2 weeks
will be most hygienic; less in sept. days
The ^{time in a week} ~~ruinous~~ effects of sexual
and abuse excess, are familiar to all who
witness much of human infirmity.
All hospitals and lunatic asy-
lums exemplify them, in cases of
epilepsy, insanity, ^{imbriety,} &c. (more)
*

I may mention ~~the~~

Two illustrative

cases ^{coming under my own observation.}

A man crossing the ocean with

two female fellow passengers -
& dividing his time between them, came into
the Penma Hospital
~~is now~~ hopeless, paralysed in all his limbs,
although only about thirty years old.

A Soldier in the Army Hospital, ^{in 4th St.,}

in 1862, was

convalescent from typhoid fever. On going out
first, he made a woman in the neighborhood - which
one visit had him lying with

paralysis; ^{fortunately} curable in his case

The evil effects of unnatural
as well as of pederasty, & other leugh violations of nature,
self-abuse are well known. ~~W.H.H.~~

Sexual coitus is, ~~at least~~, tho it may be
or illicit, - at least
excessive - a physiological act; everything is
functionally ^{physically} adapted to it. But ^{seriously} the mechanical excitation of the
Sexual organs is a ^{serious} pathological irritation
both of the vascular and nervous systems.



~~Summary of~~ Lecture, 1870.
While it is important, as remarked at the close of our last lecture,
for physicians to remember how serious evils, affecting especially the
nervous system, may result from excessive and uncontrolled sympathy
do not think we need

20

now ^{or} down into the depths of this subject,
which is ~~not~~ ^{one} of the most humiliating to our human

nature. — ~~When I lectured to a class~~
~~of Chinese or Turks or Pagans or~~
~~Mohammedans — it might be required~~

We might ^{then} find, in the satires & the
writings of Horace, or Catullus among
the ancients, — ~~now~~ ⁱⁿ the details of
some medical travellers in the East —

or in (medico-legal) investigations in
modern Paris ^{or London,} enough to inform us ^{as to}

the possibilities of human degradation —
such as made fit for interment those
^{condemned} cities which the Dead Sea covered,
of old enough to show us that cir-

July 2nd 1894

Dear Mr. [illegible]

I have just received your letter of the 1st inst.

and am glad to hear from you.

I am well and hope these few lines will find you the same.

I have not much news to write at present.

I am, however, very busy with my work.

I will write again when I have more news.

I am, dear Mr. [illegible], very truly yours,

[illegible signature]

I am, dear Mr. [illegible], very truly yours,

[illegible signature]

I am, dear Mr. [illegible], very truly yours,

[illegible signature]

I am, dear Mr. [illegible], very truly yours,

[illegible signature]

- circumcision as a rite had an
important hygienic as well as
moral bearing - notably followed
though not very wisely, it seems,
of late ^{years} by a British practitioner,
Baker Brown, in amputating the
female clitoris as a curative mea-
sure for ^{some} ~~some~~ ~~various~~ nervous
affections. ~~the female~~

Enough be it for us to remember,
that every man has a tree of
~~the~~ knowledge of good & evil growing in
the midst of his ^{own} garden; - that
every woman is a ~~Jasanth~~ Eve,
with an actual devil, ready always
to whisper into the ears of both
such words of temptation as they
will hear: - making man and

*
^66 "Keep pretty women out of my sight," said
Dr. Coremond, "and the thunderstroke shall not
make me swerve. But with their eyes looking
into mine, I am like wax over the flame of a
caper."

[Handwritten signature]

And, how many an anchorite
has found, that in leaving the
world he has only narrowed,
not avoided, the field of con-
flict; ~~from~~ ^{and since} ~~Origen~~ ^{Jerome} ~~and~~ ^{to}
abandoned, still, unavoidable.

Shall we say then, that
God has made us wrong? That
sexuality is a curse, except to the
fortunate few? No! But, that
every man must learn to be his
own master. Unless one is his own
master, ruler of his body, appetites
and propensities, he is not ^{fully} a man!
A man may be bad, devilish, even,

^
* I have said, that sexuality, activity of
the reproductive organs, is not necessary to
individual health; and yet, also, that the
married state is more favorable to health
than the single state. How do we recon-
cile these two ~~things~~ propositions?

Easily, if we remember the so frequent in-
firmity of human nature, according to
which sexuality is not nearly always
confined to the state of marriage, but
runs ~~not~~ ^{outside of it} in all sorts of ways.
And then the affectional, mental and
moral relations of family life are
in several modes, conservative of health.

INFLUENCE OF MARRIAGE UPON HEALTH AND MORALITY.—Dr. Bertillon, a French savant, has published some very interesting statistics in regard to the influence of marriage upon the human race. He has studied the mortality bills of every country in Europe, so that his figures are more exhaustive and his conclusions more striking than any previously published.

He finds that “a bachelor of twenty-five is not a better life than a married man of forty-five; that among widowers of from twenty-five to thirty the rate of mortality is as great as among married men of from fifty-five to sixty.” In other words, celibacy ages a young man at least twenty years, and widowhood still more. In France the rate of mortality among married men, between twenty and twenty-five years of age, is ten per thousand, and among bachelors of that age sixteen per thousand, and among widowers nineteen per thousand.

In regard to criminal acts, these occur about 50 per cent. oftener among bachelors than married men, and 25 per cent. oftener among spinsters than married women. Suicide is also much less frequent among the married. In fact, all the statistics show very conclusively that the married state promotes health, long life, and morality.—*Lancet.* 1879

DIPSOMANIA AND DRUNKENNESS.—Dipsomania is a disease of the nervous system, akin to epilepsy and

since fourths of the women and two-fifths of the children recover; also that the early operation is very much more favorable both for mother and child.—*N. O. Medical and Surgical Jour.*

MUSCLE-BEATING IN INFANTILE PARALYSIS.—A muscle-beater manufactured at St. Petersburg and on exhibition at Paris, has been introduced into some orthopædic establishments as a supplement to massage. Besides this instrument, which is called Klein's muscle-beater, there are employed oval palettes four inches long, two and a half inches wide, covered with velvet and attached to a handle seven inches long. Two of these are used, striking the limb alternately. The palettes are better than the Klein's muscle-beater, but neither will take the place of rubbing.—*British Med. Journ.*

THE PURE RUBBER BANDAGE.—In a letter to *The Lancet*, Dr. H. A. Martin reiterates his claims for the rubber bandage in the treatment of chronic ulcers. There are few, we believe, who have tried them who have not met a good deal of disappointment, and anything but uniformity in the results. At some of our city hospitals it is roundly asserted that those who attain such extraordinary successes mistake granulation for cicatrization. Dr. Martin contends, however, in his letter, as he has done elsewhere, that failures are due to the use of ointments and washes

and yet rule himself strongly,
for bad purposes; but unless he
has self control, he is ~~less~~ ^{like the Cat in the Hat} ~~than~~
^{even} ~~more~~ ^{less} than the brutes.

And marriage is the
natural ^{and moderator} regulator of sexual
relations. That is an unfortu-
-nate state of society in which
any artificial barrier interferes
with marriage, at early maturity,
being always practicable.

~~FOR, of those of benevolence and mutual trust,
such as war and other calamities, bring about. We have
heard of the soldier in the Crimean Hospital, who kissed
the shadow of Florence Nightingale as she passed, and
if, in any late war, we have ^{had} no one name as widely known,
it is ^{only} because so many ~~were~~ the heroines of its noble
charities, as to make a blended national light of them
all; — then were a galaxy of Nightingales.~~

And for those who do not marry,
Chastity is wise as well as right.
It is, moreover, practicable by those who
will it. Though it may be hardly too
much to say, that while ~~patience~~
is as common as silver, and honesty
as abundant as gold, perpetual continence
is as rare as the ruby or the diamond,
yet it does exist, — it can be
maintained, and it is advantageous,
rather than illicit indulgence,

Two Influences "ii"
next

and sisterhood, and of those
between mother and son,
or, of those of benevolence and mutual trust, such as the circumstances
of war or other calamities supply. "O, woman, in your hours of sacrifice,
father and daughter,"

* We ^{would} do great injustice to
woman as well as to ourselves,
if we ^{were ever to} think of her only as
an object of possible selfish
desire. The mental, affectional
and spiritual ties possible be-
tween the sexes are far higher
and nobler; and the happiness of
both sexes is promoted by re-
garding these as ~~the~~ first and

one of the highest tests of civilization (amongst nations is the
best ~~test~~ ^{place in society accorded to woman, and among individual}
men, a high respect for womanhood is one of the ^{commonly granted} ~~marks~~ ^{marks} ~~of~~ ^{of} the ~~most~~ ^{most} ~~civilized~~ ^{civilized} and
noblest traits.

On these principles, ^{we should} ~~we should~~
be far from discouraging the fre-
quent social and friendly intermingling

Woman's subject - be said

Two influences ⁷ must be named ^{here}
with emphasis, and, if need be, reiteration,
which, most of all, affect the variable
condition of the reproductive or-
gans, and the strength of their pro-
pensity. They are, - habit and
the encouragement of thoughts and
feelings of an excitant nature.
To be continent in life, one must
be pure and ^{in personal hygiene} chaste in thought.
There is no truth more positive or important than this.
With those under ~~the~~ ^{as a rule} age or without
opportunity of marriage - the less
^{or sensual, sexual objects & images} sexuality enters the thoughts the
better for their welfare. ^{Physiological explanation.}
^{It must be added,}
But, the difference of sex,
the relation between the sexes,
has quite other, and, in a human
sense, higher importance than
anything merely organic. This
may be best understood by the con-
sideration of the ties of brotherhood &

9
of the sexes. On the contrary, I
believe that the more ^{constantly} ~~freely~~ they
mingle, with proper guards and
influences (of course), from
early life, the less will be the
tendency to morbid sexuality;
much of which springs from ^{the}
combination of impure principle with
injurious constraint. That which
is forbidden is apt, in our human
nature, to be the most craved;
that which is most concealed,
arouses the greatest curiosity. If, then,
boys and girls, young men and women,
were allowed to ~~meet with~~ ^{meet} ~~each other~~ ^{each other} ~~fre-~~
quently, as playmates, schoolmates,
companions and friends, — while some
of the sentimentality, romance and
exaggeration which too often over-

cloud the relations of the sexes, would
 be dispelled, - a more safe and sub-
 stantially useful, and ~~altogether~~ ~~happier~~ hap-
 pier sense of ~~mutual~~ ~~friendship~~ fellow-
 ship would be established. This is
 not mere theory, but has been proved
 by experience; although a popular pre-
 judice or fear exists, which throws,
 often, disadvantageous barriers be-
 tween the sexes. (Mixed schools & Colleges -
 "quinning & monastic idea")

(Certainly, the society of the
 other sex, where the circumstances are
 those of civilization, tends to the eleva-
 tion and refinement both of men and
 women. Rakes & sensualists (are
 rarely "ladies' men"; they) do not enjoy
 what is called society at all. It is
 not ~~in~~ in the avoidance of the
 company of the other sex, but in the
 culture of such associations as streng-
 then the higher feelings, that the best
 protection against ^{extreme or} morbid sexual
 tendencies is to be found.

The hygienic view ^{which has been} now ^{given}
affords no support for the tolerance
of prostitution. For this, & he
conceded ^{as} ~~for~~ necessary, must require
the opinion that continence in
man is either physiologically im-
possible, or unfavorable or injurious
to health. It is most certainly
possible; — however true it may be,
that, while domestic affection is a
virtue as common as silver,
and patriotism as gold, — ^{absolutely} chastity in
the unmarried is ^{about} as rare as the
~~precious~~ ~~gem~~ of the ruby or the diamond.
Admit that ^{perfect} continence
the exception rather than the rule.
is ~~not~~. But it does no harm



to those who practise it. Nature
will there take care of herself,
by economizing in the blood
those elements not required for

use, — or, by sufficient occas-
ional nocturnal escape ^{during sleep} for relief & health.

"Seminal Plethora," — ~~if~~ ^{though}
^{possible} a reality, — is such only where
habit or ^{thought of} ~~prudent~~ emotion has.

Perverted the natural order of
things. Dallying with alluring temptation is always, at last,
fatal to chastity. Avoidance of it ^{alone} secures victory.

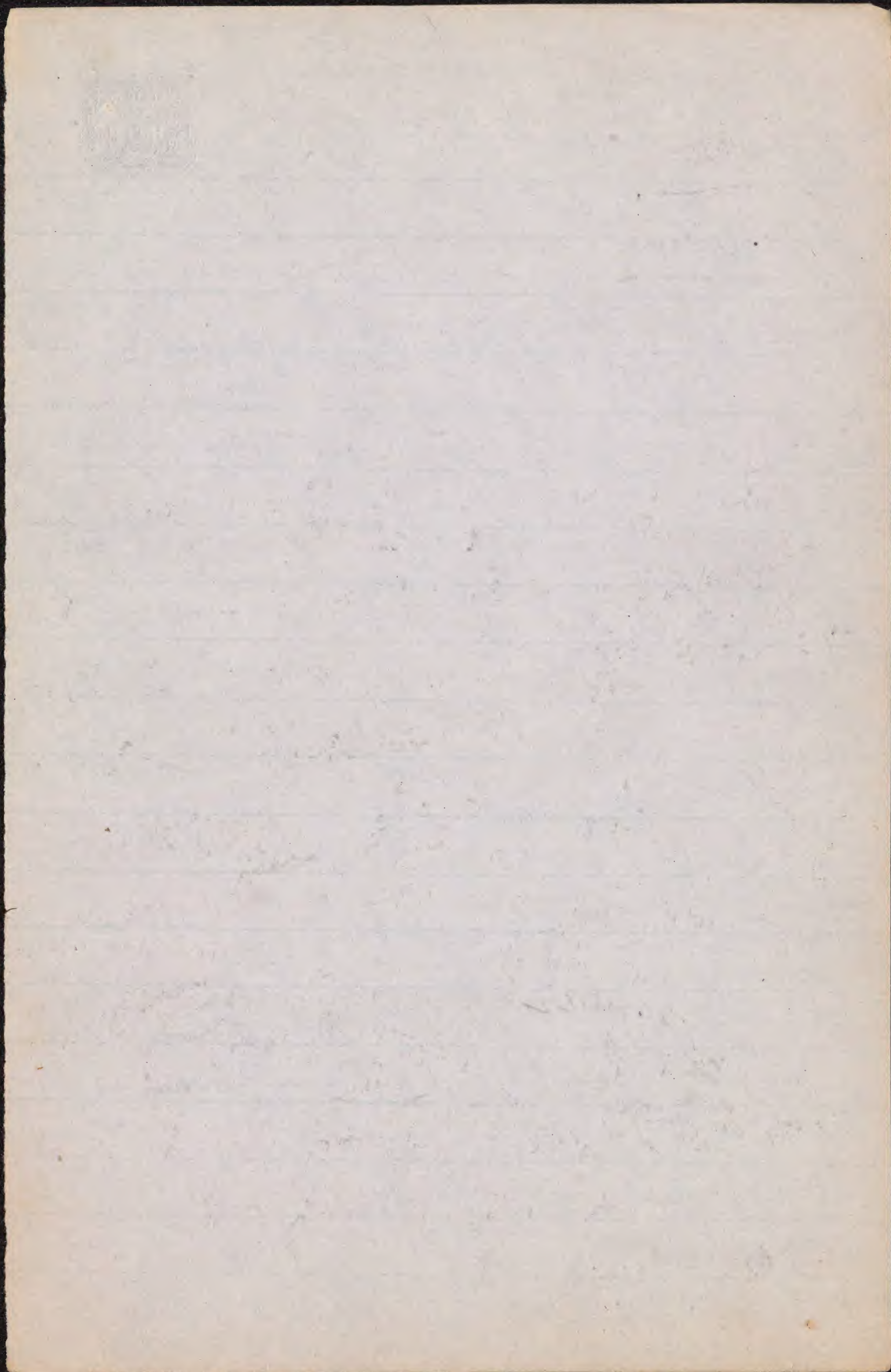
There is, then, no need
to great its evils and dangers and need not tell anyone why has our
Prostitution. — In Europe this
question has been raised, a
part from hygienic, — as one

cases are treated in hospital where venereal

See Westminster Review, 1869 or 70.

of public experience and
municipal administration
~~economy~~ In Paris, ~~at least~~
~~if not in some~~ other cities abroad, pros-
titution is licensed, under in-
spection and police regulation.

This is done on the theory that
it is best to control and limit
what is not expected to be pre-
vented. Every prostitute ^{there} must ^{be}
examined by a medical officer
at certain intervals, & is subject to
penalties if she follows her calling
without credentials. A "Contagious Diseases Act,"
on the same principle, has lately
been ^{partially} ~~discussed~~ ⁱⁿ England.
Does this ^{method} ~~lessen~~ prostitution,
prevent ^{venereal} ~~syphilis~~ affections,
or promote morality? I believe not.



The number of licensed prostitutes
in Paris is, ^{or was before the war & insurrection, 1870-1,} very large; — that

^{number} of unlicensed ones, — from the
cocotte & clorette
~~meanest~~ up to the luxurious

and often powerful ~~debauchees~~
and Camilles & Thérèses

of the demi-monde, is also very great.

They altogether number probably in Paris, 30000 ~~English & French~~
Syphilis is, there, so common that

syphilization, or inoculation for pre-
vention effect ^{seriously} is talked ^{by some} of almost
as vaccination here. And, as

to morality — Paris has ^{in the past} not
quite ^{understood} that word. Perhaps it may now
profit by the fearful retribution of its ~~disastrous~~ ^{guilt} and ~~communal~~ ^{guilt} (1871).

Let, in London, it must be
admitted, ^{gross} vice is ^{or has been} more obtrusive
to the eye. There, ^{a few years ago at least,} ten prostitutes walked
the streets for one in Paris. The
amount of illicit commerce is so portentous

⊕ 40000 ^{prostitutes} in all in England & Wales,
^ 6000 known to police in London.

✕ ^ There is a curious difference between the French & the English in these things.

✕ ^{Parisian} The French conceal prostitution for public view — but allow a code of private morals which makes marriage an ~~arrangement~~ of convenience — and under which it is said to be more fashionable to ~~be in love~~ ^{with} any body else's wife ~~than~~ ^{than} your own.

The English hold, in public opinion, to a higher standard of domestic morals, but allow the streets of London to be thronged ^{troops} by the boldest ~~of~~ women. & justice it should be said, however, that there is a great deal of Private, domestic virtue in France, as well as in England.

English Army & Navy
Contagious Diseases Act passed
1864. That year & the one before,

at 28 milit. stations of over
500 men, the hospit. admissions.
per 1000 men mean strength, 108.6 prim.
syph. sores, & 112.5 gonorrhoea.

In 1872, under the Act, - at
14 stations like above, admissions
per 1000 mean strength 54.2 prim.
syph. & 104. gonorrhoea.

Med. Times & Gazette

May, 1873.

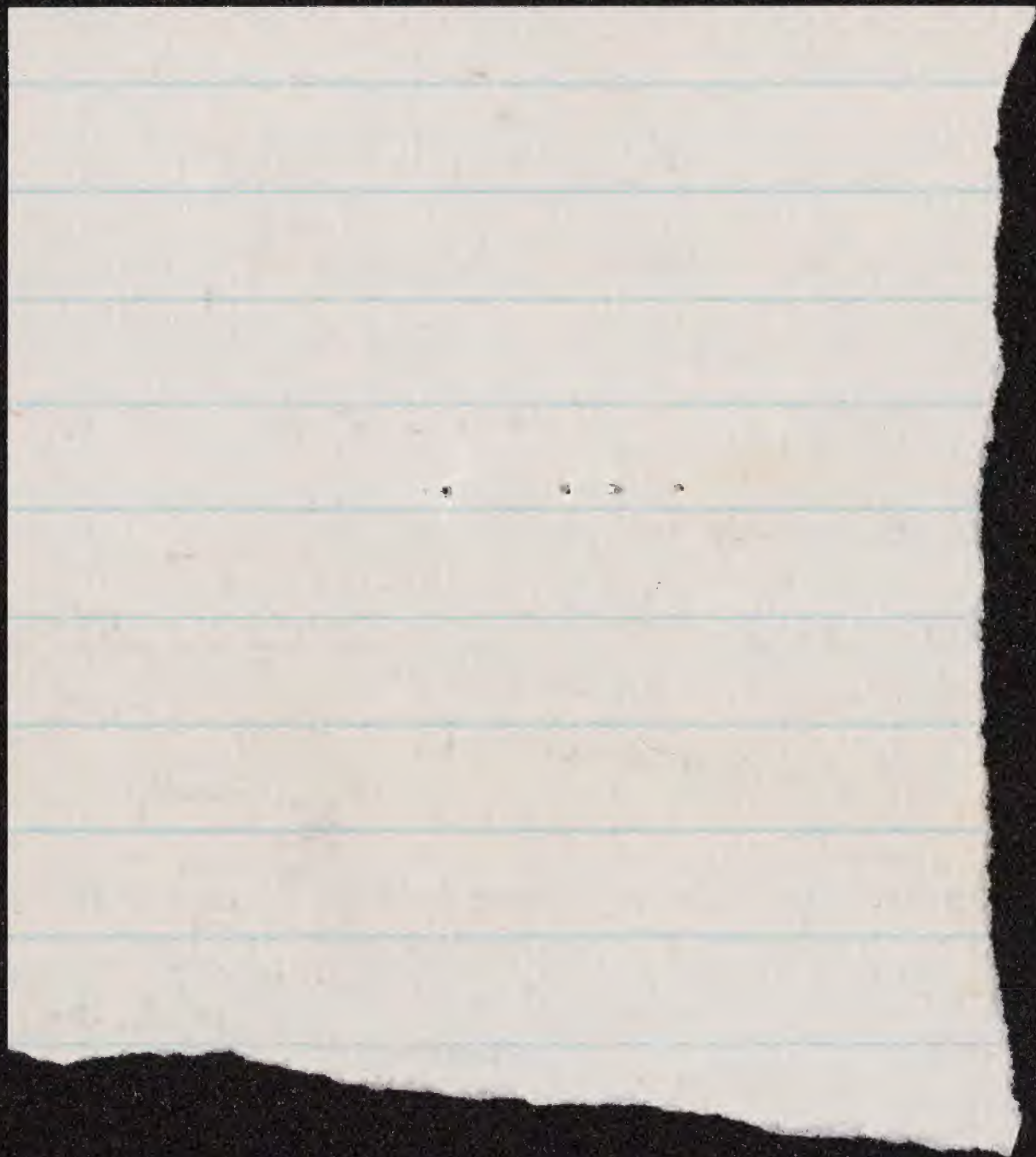
Much concealment by the men; and
Secondary syphilis sure to increase for
want of early treatment.

Examination of the official records has ^{moreover} shown that a steady ~~large~~ annual decrease in the amount of venereal disease in the British army had been going on for several years before the "Cont. Dis. Act" was passed; the rate of decrease being actually slower since the Act than before!

Licensed prostitution has been
tried in France, Belgium, Holland,
Sweden, Spain & Germany.

Our police never can be so des-
-potic as that of European cities.

Dr Lefort, Surgeon-in-chief of
the "Hopital du Malin" establish
at Paris in connection with the system
after 20 yrs ~~states~~ that of 34000
prost, only 4000 are registered.
M. Lecour, chief of Bureau des
Mœurs of Paris, - declares that "the
evil is a moral and social one, It
must be overcome by moral, not legislative means."



✓

Bill for extension of these acts was
repealed by Parliament, 1883.

the Legislature of Rome.

In England, great opposition to the "Contagious Diseases Act" has been aroused: participated in by so great a leader in the study of Social Science as Herbert Spencer; among statesmen, by John Bright & others; in the medical profession, Lebert and others on the continent, — Prof. Haughton of Dublin, Prof. Rolleston of Oxford, Burns Thompson of Edinburgh, Nevins of Liverpool, are against it. In the city of St. Louis, it was tried for two years, & abandoned. A large number of the medical men of Philadelphia have petitioned against

as to be named in England
"the great Social Evil!"

And there are, lamentably,
social explanations, in part, for its
extent there.

Rank, caste, and ^{pride of} money-
~~place~~ place many bars in the
way of marriages in England.

Young men are thus, when un-
^{imprudent,} principled, thrown upon the town, or

the country, more than here. ~~With~~
~~With the same~~ Seduction and concu-
binae, though more frowned upon than
in France or Italy, - are in some parts of
England only more concealed. - scarcely

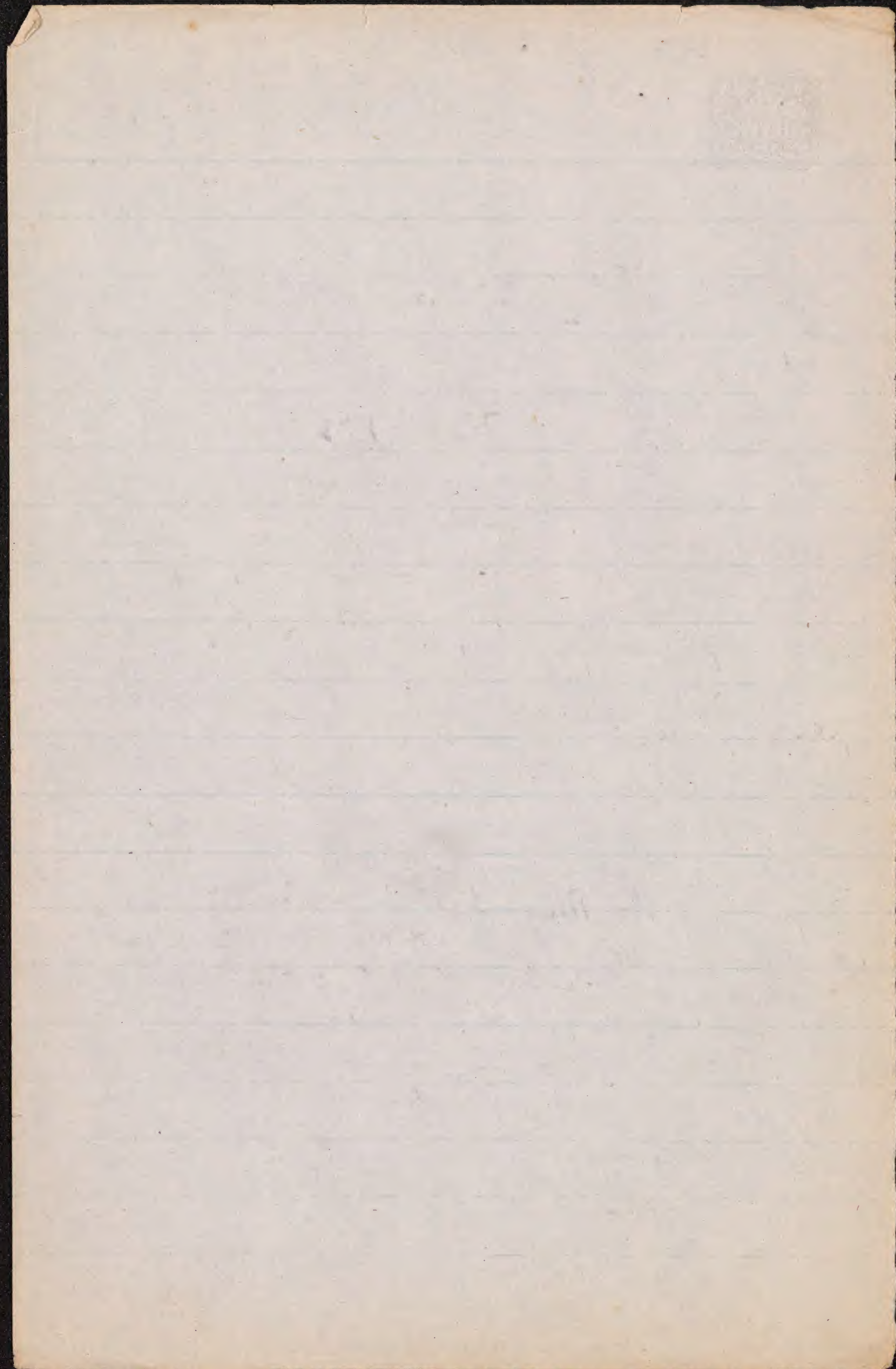
less practised. In the great cities of Vienna, Berlin
or the continent of Europe, society is also much tainted
with sexual vices and

their consequences.

But in this country, and
~~even~~ in this city — there are ^{also} ~~on~~ ^{there}
sands of unfortunates, all the
time, ^{ready} to poison the flood of
each generation with their own
ruin. What is the cure for it?

God ^{only} knows. ~~It~~

I believe the main preventives
to be social and educational
rather than legislative or sanitary.
Educate the people, — and
let the society ^{religious &} be pure in its fountain
spring, and it will ^{then} not so
imbibe contaminations as it flows.
But, these subjects reach beyond
my sphere in this place.

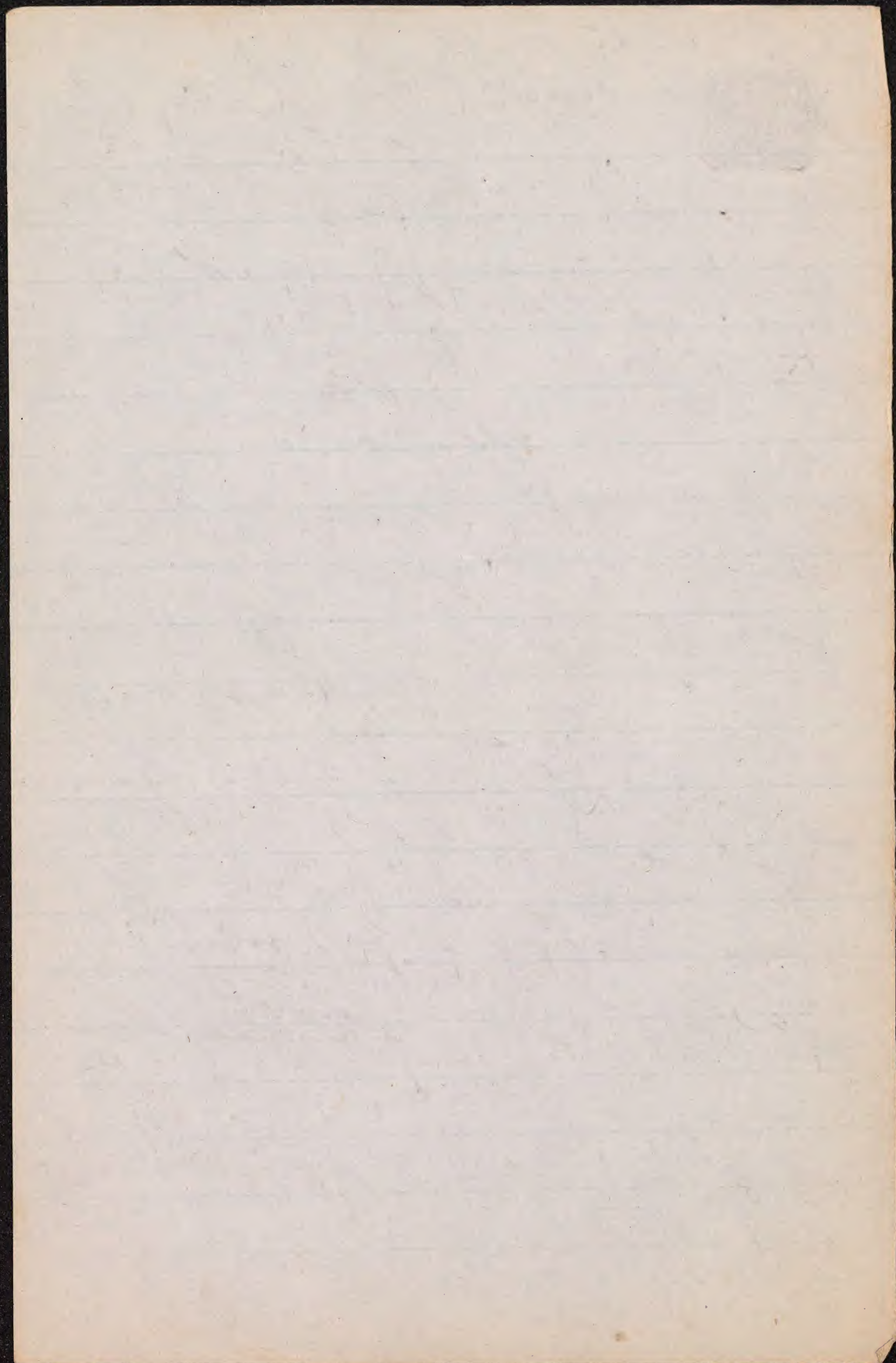


I should be glad, if
I could, to give ^{you} an account
of the origin of Syphilis.

But it is unknown.

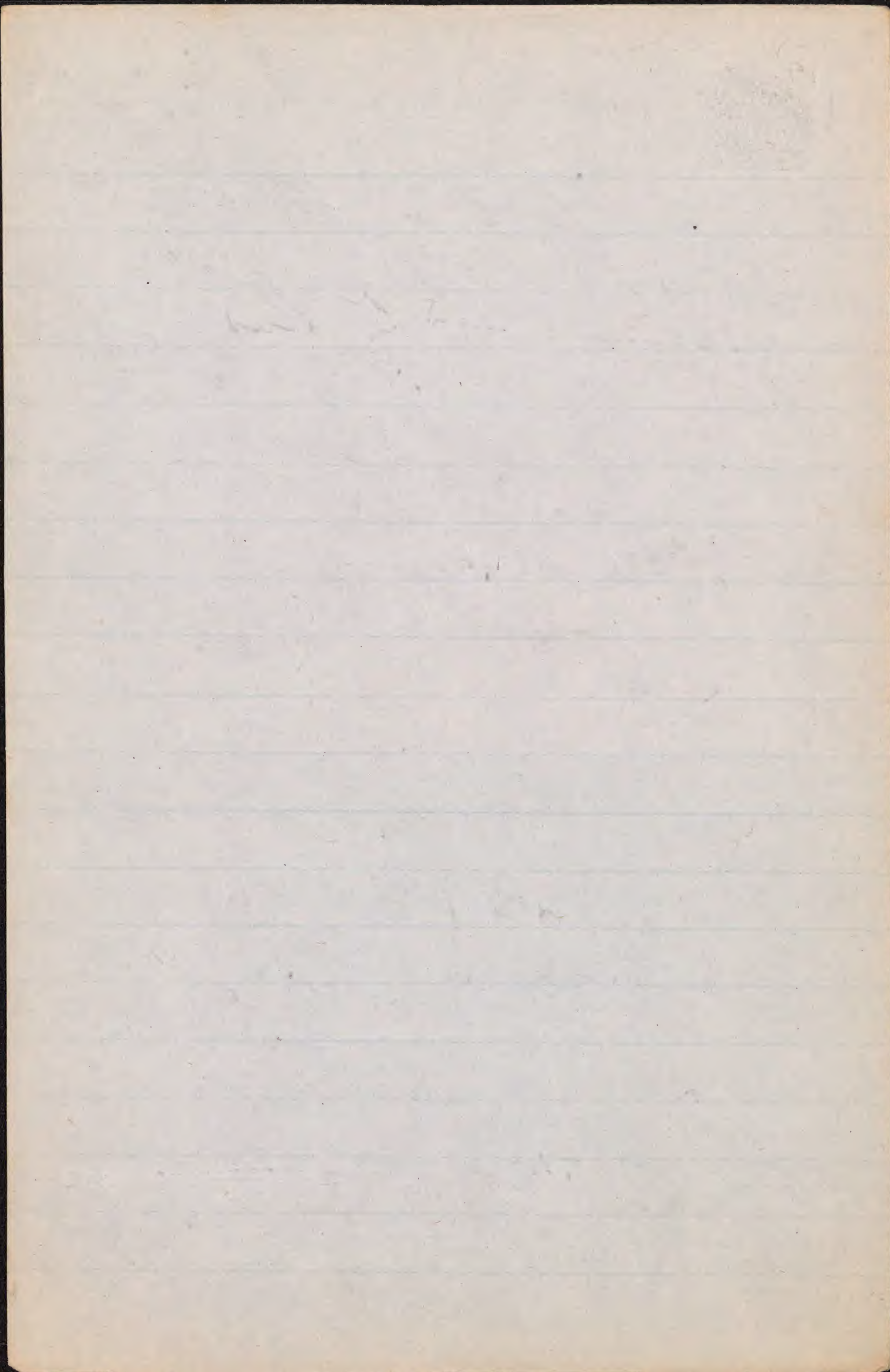
Some ^{in the beginning} ascribe it to monstrous
copulation of men with brutes.
Van Helmont (long since) and Ricord
^{more} recently, have thought it might
have come ^{somehow} from glanders of the
horse.

In the 13th century, by
William De Salicet ^{& Lanfranc} (Renoian) it
was ^{first} described in Europe. Its prevalence
was afterwards said to correspond
nearly with the disappearance of
Cypresy in the 15th century.



② Gallopinus wrote thus of
the difficulty of its history in his
time. "The Italians call it
the French Disease; the French
name it the Italian complaint, -
or the Spanish itch; - the latter
because the Spaniards gave
it to the Germans." ② ① The army
of Chas. VIII of France became
afflicted by syphilis or an analogous
disorder in 1495, during a pro-
tracted siege of Naples. ①

All the nationalities abroad
at last agreed to fasten the
odium of its origin ~~of this disease~~
upon America; asserting that
it was taken to Europe by



Columbus and his followers,
I am surprised to find, ^{the late} Prof
Dunghison in his Medical
Dictionary mentioning them
without contradiction. Hunter,
Sprengel and Cooper, the
best of authorities, reject it
entirely.

A discussion published in
Hamburg ^{Germany} in 1860 (Simon Lindworm -
brought out
Brit. & M. C. Rev. Jan. 1861) some good
reasons ~~were given~~ for believing it not
improbable that some sort of di-
rect relation existed between Syphilis
the ancient Leprosy; either that

— 2 —

"I have taken the liberty of addressing you for the purpose of pointing out a few links in the chain of evidence tending to show that syphilis had its origin in Naples, or at least that it was carried thence to France by the soldiers of Charles VIII. Francis Rabelais, one of the first physicians of his time, a man of wonderful erudition and a great traveller, mentions the pock (*vérole*) in almost every page of his remarkable book, '*Gargantua and Pantagruel*.' One of his heroes (Panurge) frequently speaks of his 'having the blessed fruit of the great pox,' of 'having gathered the ripest,' etc. In several places he speaks of having 'been anointed' for the pox, and in one instance he speaks of 'mercury being the patron of all those that have the great pox,' showing that as early as his time this specific was known.

"Now Rabelais was born in Chinon about 1480, and when Charles VIII. and his soldiers returned from Naples, was a youth of some fifteen years of age. He was wonderfully precocious, and even at that age was far ahead of most of the physicians of his day.

"In M. le Duchat's *Vie de Rabelais*, the following anecdote is told of him: Kneeling one day in front of a statue of Charles VIII. in a church at Mézières (I think it was), a monk, thinking that Rabelais mistook the figure for a statue of a saint, went to him to apprise him of his error. 'I am not so much of a block-head as thou thinkest me,' replied Rabelais; 'nor yet so blind as not to know that I am kneeling before the statue of King Charles VIII., for whose soul I am praying, *because he brought the pox out of Naples* into France, by which I and other physicians have been great gainers!'

"A great many stories of Rabelais are apocryphal, but this one is told as true, and from his well-known character bears the impress of truth. It is alluded to by Budé (author of *Epistolæ Græcis*), Sorel in the *Bibliothèque Française*, and I believe finds a prominent place in all editions of Rabelais.

"Here, then, we have the testimony of the most learned physician of his time, a contemporary of Charles VIII., and of the appearance of the pox, who unequivocally says that it came out of Naples."

Respectfully yours,

F. J. BUMSTEAD.

In answer to a question from Dr. Knapp as to the existence of any disturbance in sight, Dr. Ward remarked that four days before death the patient insisted upon having the gas lit at noon, complaining of the darkness of the room, and from that time it was quite evident that there was total blindness.

DR. KNAPP referred to a case in which the remarkable symptoms of nasal hemiopia was present, due to the presence of atheromatous arteries embracing the outer portion of the optic chiasm.

DR. WARD, also, in this connection stated that the specimen which he had presented for membership to the Society was one in which a cancerous tumor of the brain was in such a situation directly over the optic commissure, that when sitting up the growth so pressed upon that nerve-centre, as to entirely destroy vision, which condition was relieved while in the recumbent position. The patient was the son of a well-known clergyman of this city.

CANCER OF THE CONJUNCTIVA.

DR. KNAPP exhibited a specimen of cancer of the conjunctiva, sent to him by Dr. Chapman, of Medina, N. Y. It was removed from a man seventy years of age, who in March, 1872, received a slight injury to the outer part of his eye, by a chip, while chopping wood. The inflammation of the part which followed soon subsided, and no inconvenience was experienced for four or five months. At the end of that time a small tumor made its appearance at the seat of injury, and in the course of five months gradually increased in size, until it encircled the cornea in its outer and upper portion. Then it gave rise to intense and persistent pain so that the patient insisted upon the removal of the eye, which operation was performed last May. The tumor extended back towards the equator two or three lines into the conjunctiva, and the cornea was opaque. The specimen was sent to Dr. Knapp for examination, who discovered it to be a case of epithelial cancer commencing in the conjunctiva and extending into the cornea at its junction with the sclerotic, penetrating into the corneal corpuscles and dilating them, presenting under the microscope a beautiful anastomosis of strings of epithelioid cells. The specimen was very satisfactorily exhibited under the microscope to the members.

DR. ELSBERG, in remarking upon the specimen, thought it of great interest, particularly on account of the trans-

Leprosy was simply secondary
to tertiary or constitutional syphilis, — or that syphilis
sprang from sexual concourse,
one of the parties to which
had leprosy affecting the genitals.

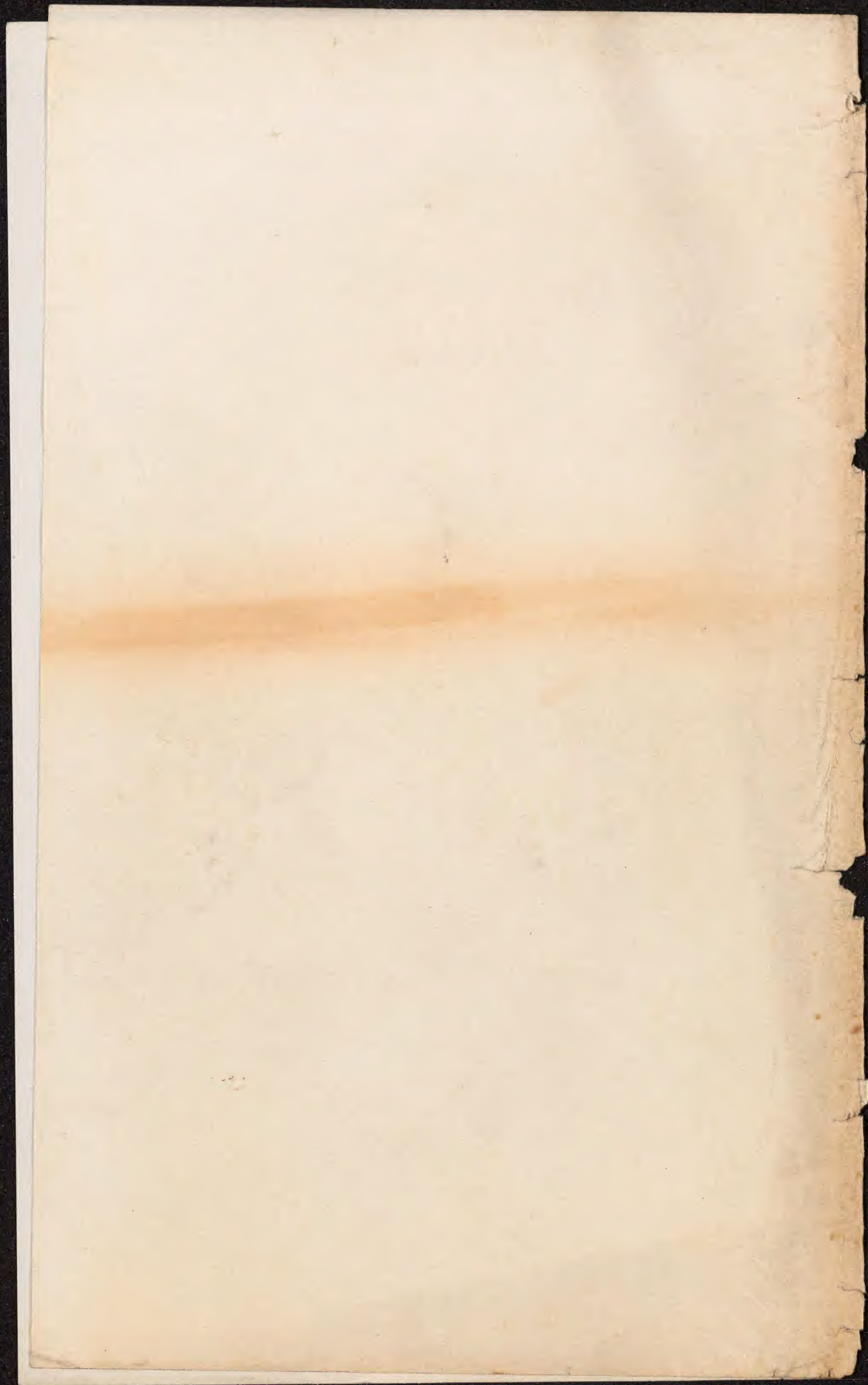
However, — whatever its original
beginning, all know how it ^{is now} ~~is now~~
produced; — and what a horrible
scourge of mankind ^{syphilis} ~~is~~ is: — a
poison that not only taints the blood,
but burns the skin and consumes the
bones, ~~if he has any~~ ^{if he has any} ~~for the parents fault~~.
Let all beware of it. —
~~There is but one preventive: —~~
~~a secret, if we could so call it, worth~~ ^{to a young man} ~~thousands of dollars~~ ^{in his life}.
Let all strange women alone.

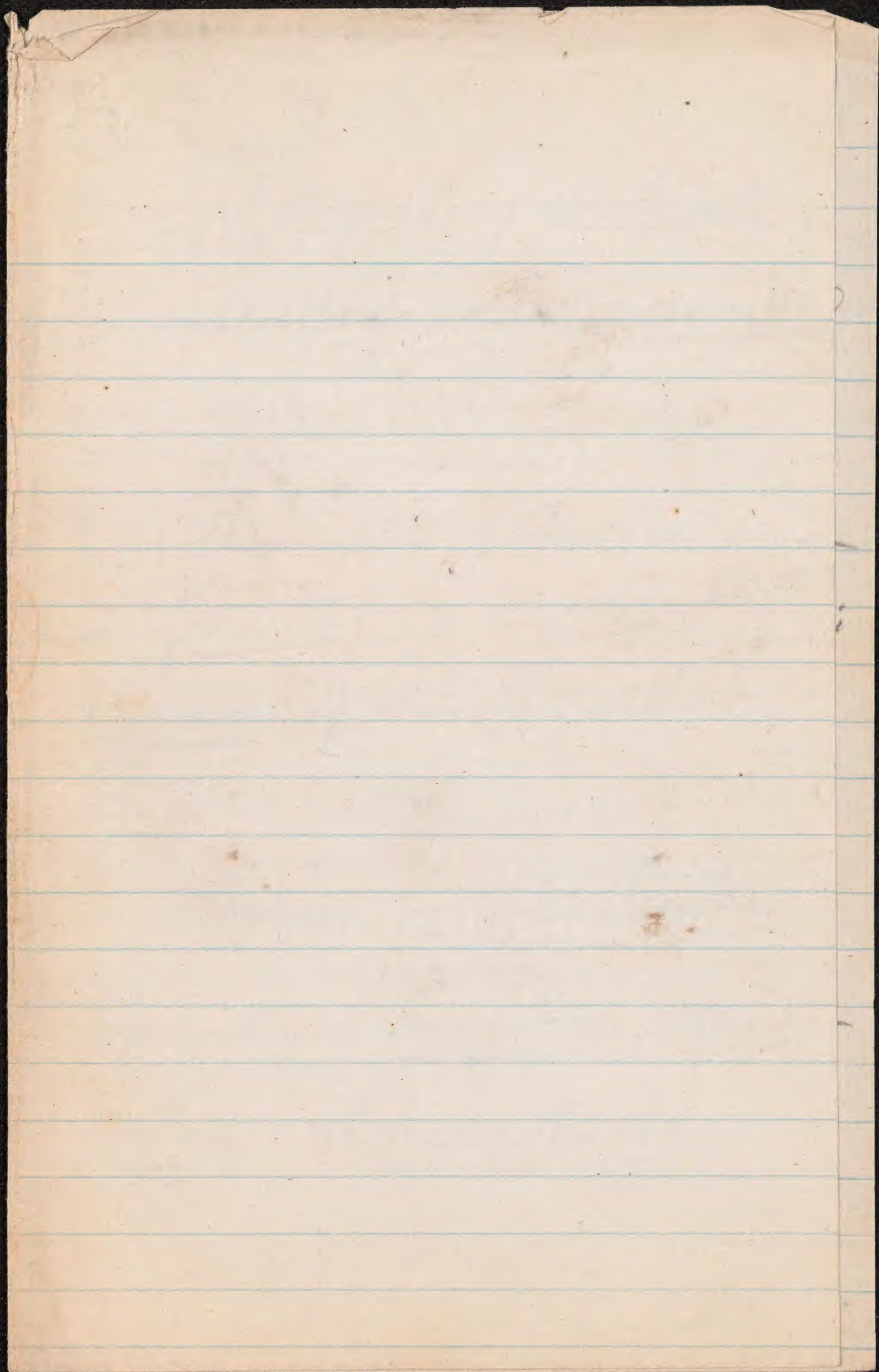
~~Licentious Prostitution~~

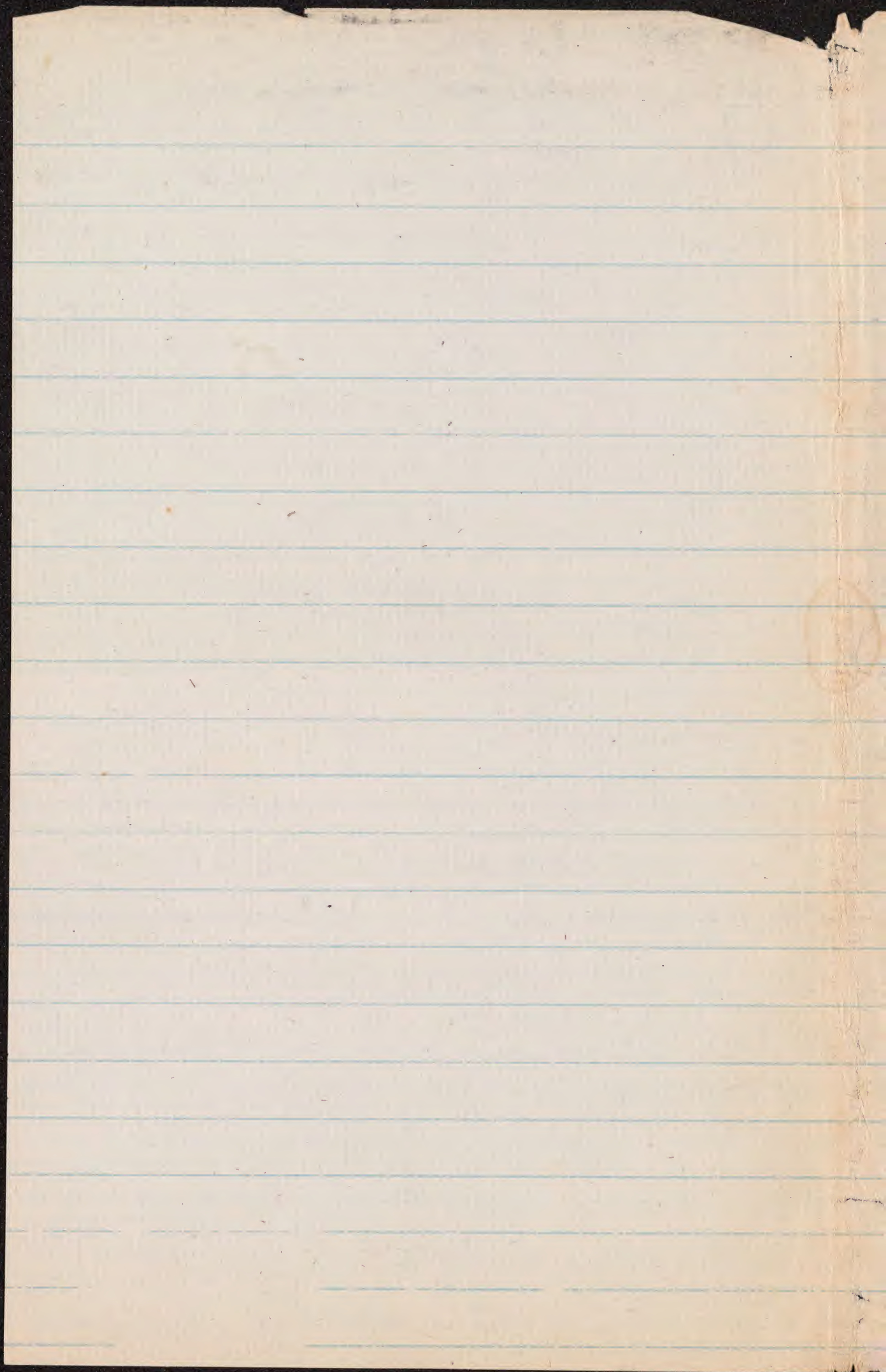
is a destructive delusion.

Lecour's testimony -

cc.







Book, Lessons & Instructions, the heart from which the
of from enormous quantities of seeds to create the present.
Duty of every mother to provide for our offspring.
Advantages of early families.

Why not? A Book for
Every Woman.

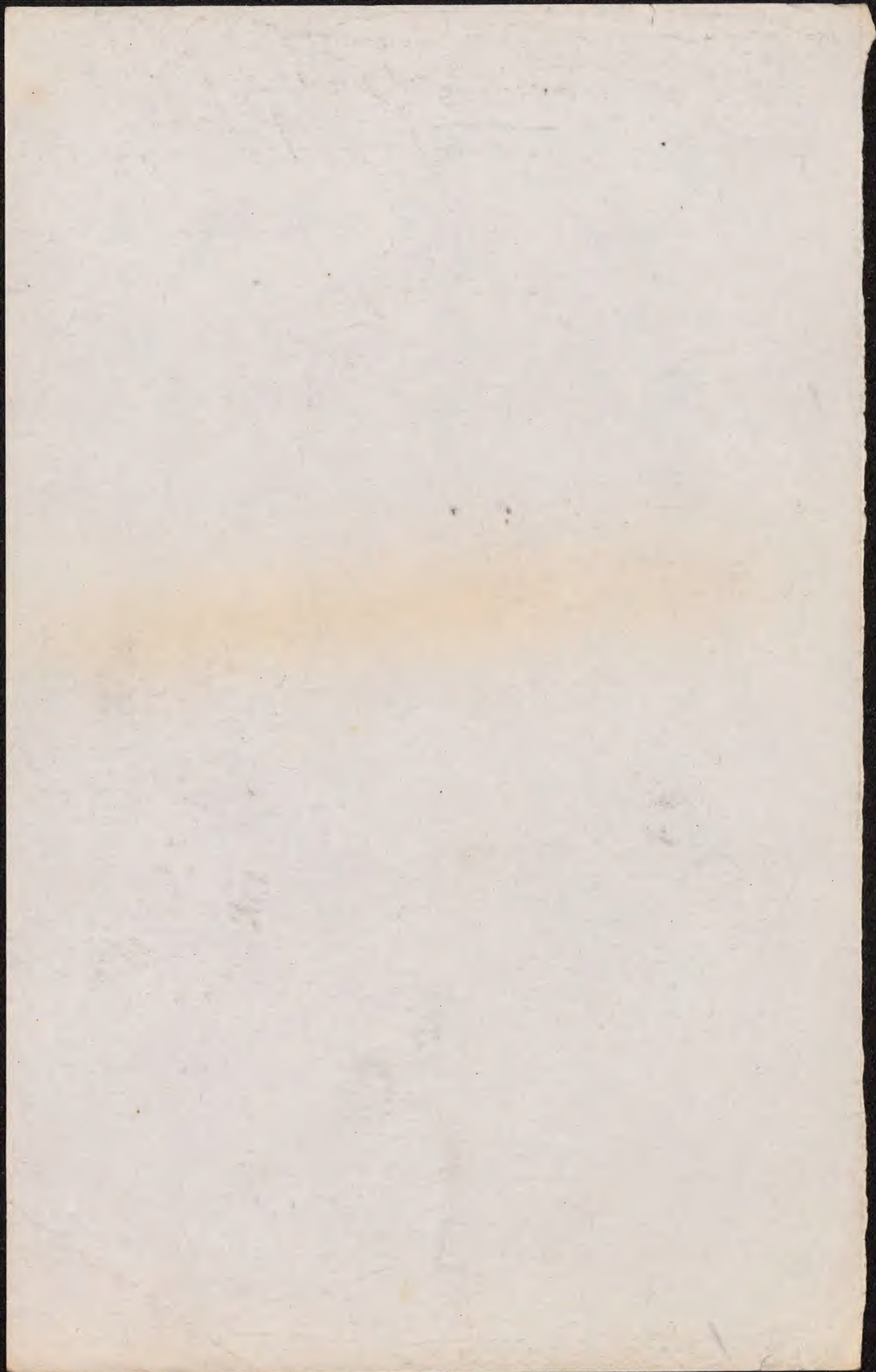
Is It I?
A Book For Every Man.
Menstruation,
Dallying,
Dallies, Waltzing,
de

Ethics of Sexual Hygiene

before & in Marriage.

Abortion & Unproductive Conjugation, &c.
Lecture, 1872.
End of 16

Is man naturally monogamous? Yes: numbers born prove it.
Polygamy - Exotic & abnormal.
(Ethics in virginity, &c.)



~~Constitution~~ — ~~Is continuous mental activity?~~
Two minor questions, of a
quite practical kind, — are, I
think, ^{somewhat} of a hygienic as well as of
a therapeutic character. viz:
1. are there any ^{ant-}aphrodisiacs; —
& 2. what is the ^{importance of, and} prognosis in, sper-
-matorrhoea?

1. Lupulin — Bromide of Potassium
Fatigue exercise — engrossing thought
Occupation — avoidance of solitude,
& of objects & train of thought at all erotic.
Cool sleep & moderate diet, es-
pecially at night. — ^{not highly seasoned}

2. Morbid fears after haemorrhage the
spermatorrhoeal patient. The real truth
is ^{in 99 cases in 100} that the evil consists ^{most} in the habits
which produced & keep up the spermatorrhoea. And
~~causes of debility & loss of strength~~
~~and a reaction in the system.~~ —

~~On Sexual Hygiene~~

~~notes out~~

~~Notes out~~

[Refer to Actor Bartholom on last subjects.]

Hereditary Influence upon Offspring.

Severe

1st — Constitutional transmissible Dis-
eases — as Consumption — ~~Scrophula~~ Insanity —

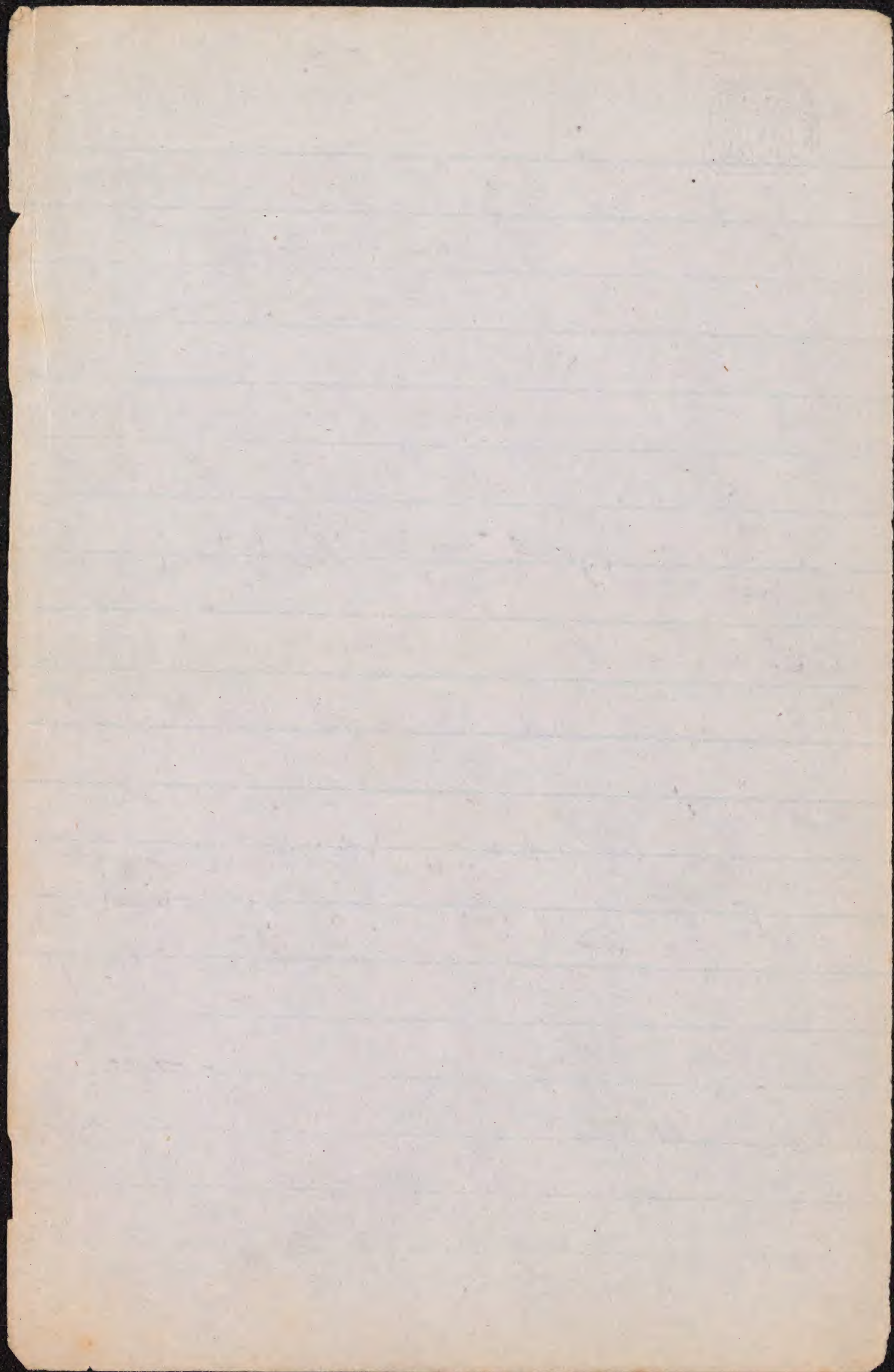
Epilepsy ^{& Cancer} (Gout?) ~~or even strongly marked~~

~~These~~ should be prohibitory in a

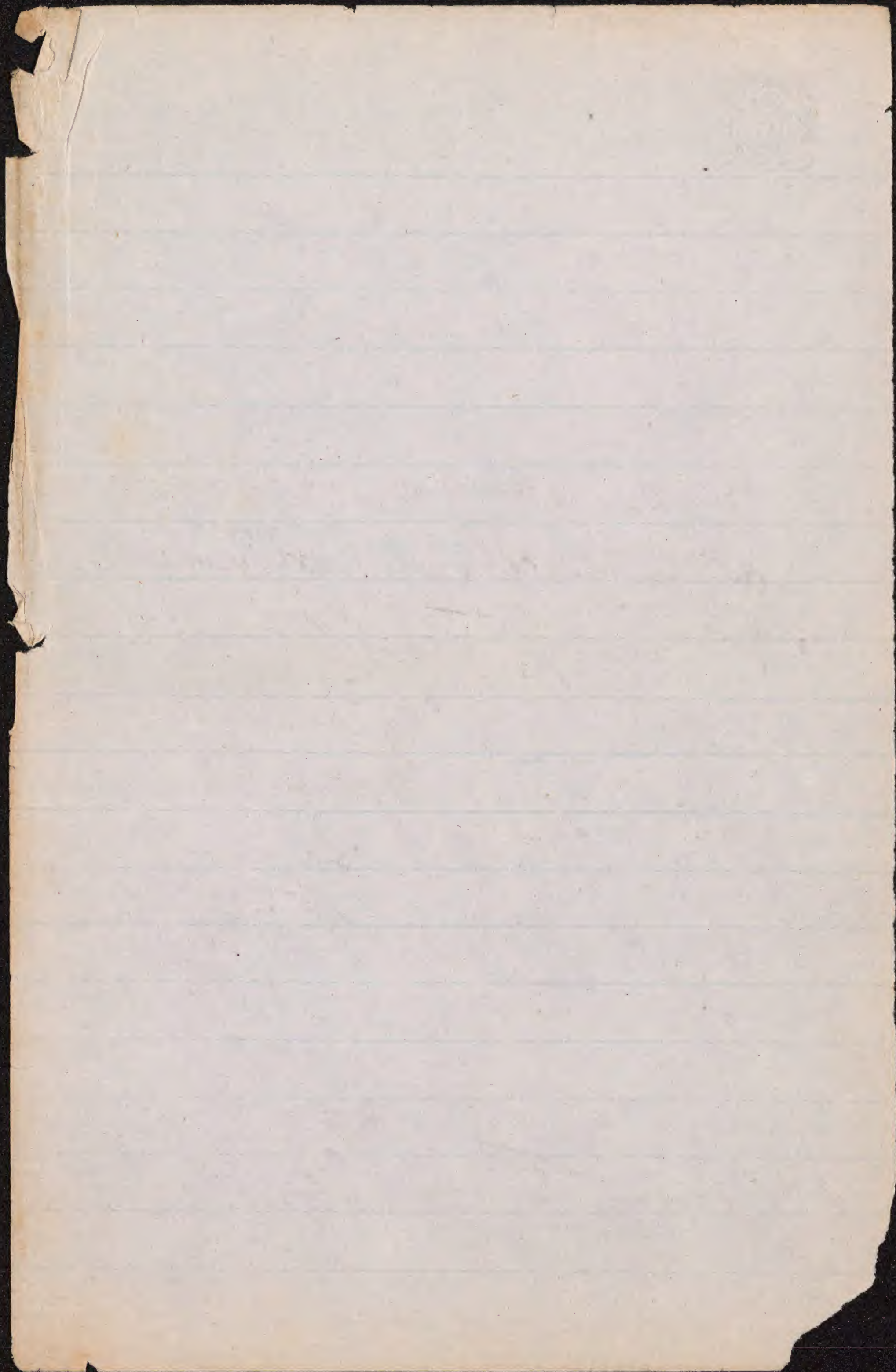
selection for marriage. A man who
has ^{decided either primary or} constitutional Syphilis, ~~Alcohol~~, ought
not to marry.

It is for the sake of the offspring
that such prohibitions should be
absolute. But there are ~~degrees~~ ^{degrees} of such
corruption of the blood. One case ^{in a family} need not be ^{fatal} ⁱⁿ

2nd — Intemperance vitiates the
procreative function & its product
unwarrantably. It is singular, that this
effect agrees even in duration with the
habit of intemperance. Thus
Dr. Halls of the Columbus Hospital



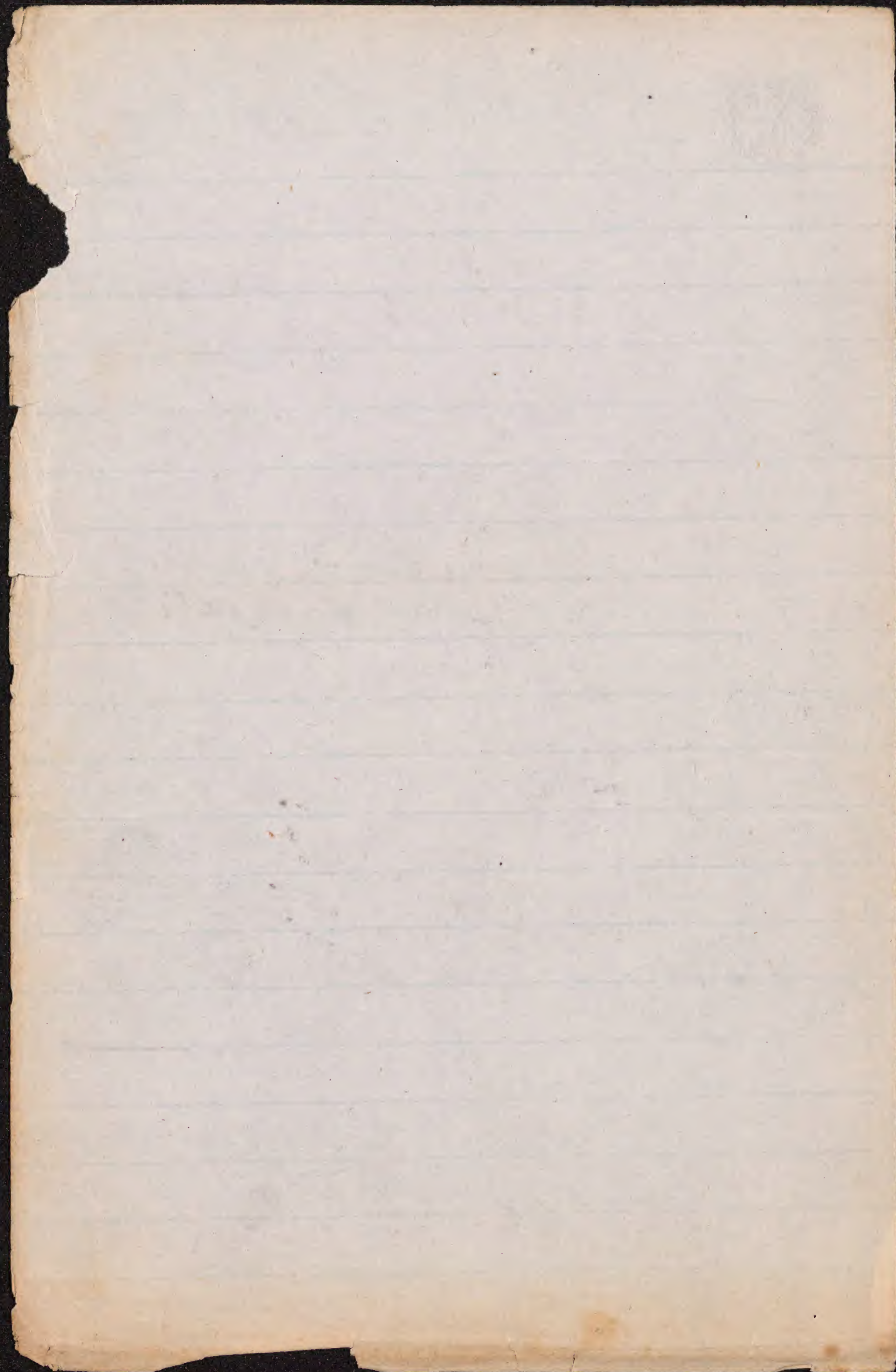
for the Insane, at Ohio, (1861)
mentions the case of a man
who in the first part of his
married life was temperate, &
had 4 children, who were per-
fectly sound and healthy. He then
grew intemperate for ^{a number of} years - &
had 4 more children; two became
insane, another idiotic and the 8th
epileptic: then he reformed entirely,
& had 3 more children, - all
entirely healthy. - Another very
similar case is recorded by the
same Physician; and some more
of the same character by others,



Marriages of Consanguinity.

But one view upon this has always prevailed until of late; that, while the nearest ties of blood make sexual union abhorrent and ~~inadmissible~~ altogether inadmissible, deterioration of stock follows marriage of those even so near as first cousins.

Considerable discussion has occurred within a few years, about how far such is really the true law of nature: whether it is the union of those closely related in descent, as such, that produces the deterioration; and whether this last has not been exaggerated, or sometimes presupposed.



On the side of the old
and more common view, - statistes
have been brought ^{especially} by Devay, &
Boudin in France, & Dr Howe
and Bernier in this country.

On the other side stand the
arguments ^{Périer, Voisin} of Buckle ^{speculative} the historian,
Dr Child, of England, and an able
writer in the Westminster Review
(1863). ^{Exerts next} Boudin's & ^{Périer} Howe's & Bernier's
examples. —

On the other side —

what was the cause of all primal sin?

It came of Adam's breeding in-and-in."

Scriptural cases - Abraham & Sarah — (small &

Ptolemies - Cleopatra — ^{although} ^{providentially} ^{late form} made a
very important one.

Domestic animals - thorough bred horses -
Pigeons — ^{they do degenerate under it} Pedigree wheat: — ^{Hermaphrodite} ^{animals &c}

(Hermaphrodite animals & plants are not nearly
always — perhaps we ought to say are not
generally — self-fertilizing. As Darwin
says, "Nature abhors self-fertilization.")

This is very common in
many plants.

Hutch publ. a book about 1874 opposing
of union from consanguineous marriages.

C1875

Geo. H. Darwin

MISCELL

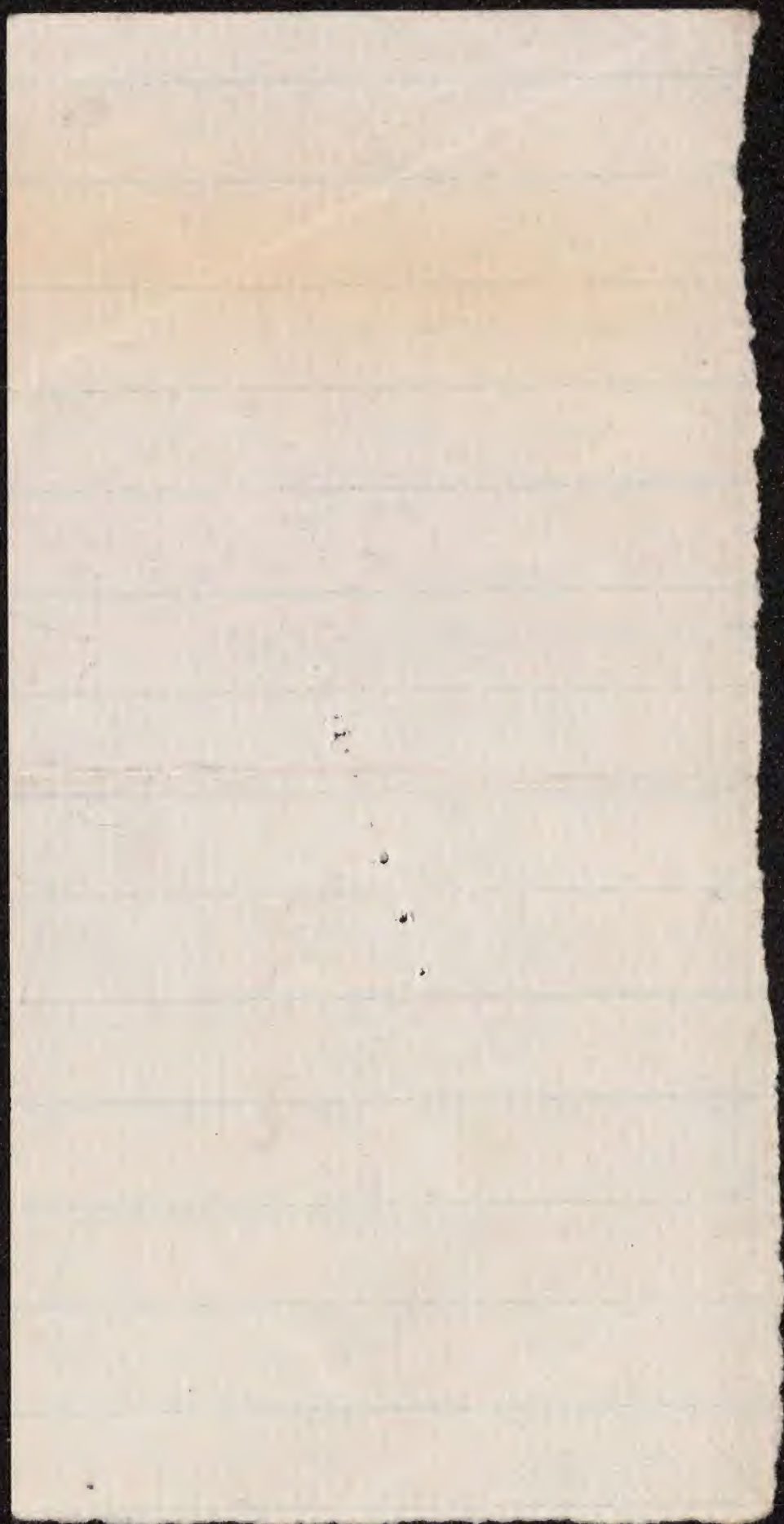
method of obtaining facts upon which to base an induction was by diligent study of Burke's "Peerage," and by sending out circulars of inquiry to members of the upper and middle classes, and to directors of asylums for the insane. The result showed that insanity, idiocy, and deaf-muteness, are in the United Kingdom about evenly divided, *pro rata*, among the progeny of consanguineous and of unconsanguineous marriages; that is to say, Mr. Darwin's investigations have failed to show any evil accruing from the marriages of first cousins. Mr. Darwin acknowledges that the opinion of prominent medical men is against such intermarriages, and that a general consent of physicians possesses far greater weight than his own purely negative results. "My paper," he adds, "is far from giving any thing like a satisfactory solution of the question as to the effects of consanguineous marriages, but it does, I think, show that the assertion that this question has already been set at rest cannot be substantiated. The subject still demands attention, and I hope that my endeavor may lead more competent investigators to take it up from some other side."

CIENCE MONTHLY.

lation is good, no injurious effects are produced. He appears to have no doubt of the occurrence of chronic poisoning by the action of sulphuretted hydrogen. The symptoms are general weakness, depression and usually total loss of appetite, combined with a feeling of weight on the stomach: the tongue is furred. Bisulphide of carbon, obtained by passing sulphur-fumes over burning coal, and subsequent distillation, is now much used as a solvent of India-rubber. It produces chronic poisoning. The symptoms are, at first, evening headache, and pains in the limbs; sometimes intellectual excitement; often cramps, difficulty of breathing, and increased frequency of the heart's action. After some weeks or months follows a period of depression, heaviness, insensibility of some parts of the skin, diminution of sight, and in some cases of hearing. The bad-smelling gases and effluvia given off from putrefying animal substances are said to be innocuous. The trades exposed to such emanations are tanners, soap-boilers, candle-makers, etc. Workmen get accustomed to the fumes of turpentine, and then such fumes appear to have no injurious effects.

X
Wealth ^{of} dogs, of
home, - that "strict con-
finement to one breed,
however ^{valuable or} perfect, produces
gradual ^{deterioration}."

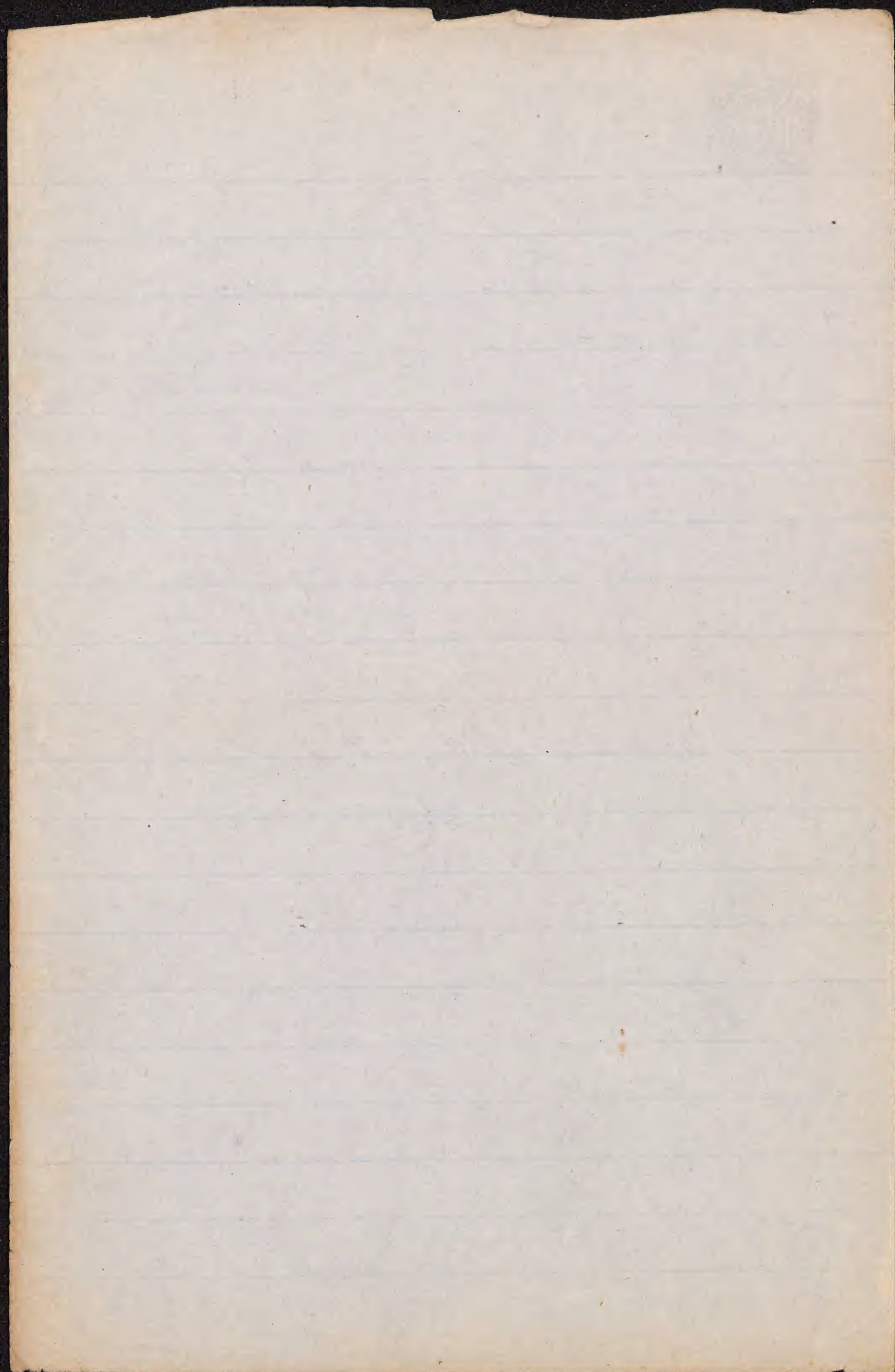
Rev. J. Salbrieth says of
in-and-in breeding - "I have
no doubt that, by this practice
continued, animals would,
in course of time, degenerate
to such a degree as to become
incapable of breeding at all."



^
Boudin found that from
25 to 30 per cent of all deaf
mutes ^{in France} were born of parents
near related to each other,
while parents, themselves deaf mutes,
are not particularly likely to have
children with that defect.

Dr Howe collected in N.E. the
statistics of 17 marriages in consanguin-
ity: 95 children came of them; of
whom 44 were idiots — 12
scrofulous & delicate, 1 deaf &
1 a dwarf.

Dr Berrier of Kentucky
collected results of 833 consan-
guineous marriages — having



3942 children. of them
145 were deaf mutes —
85 blind — 308 idiotic —
38 insane — 60 epileptic —
300 scrofulous — 98 deformed —
100 ^{more} defect in one way or
another. — An astonishing record.

Think of that — if any of
you should ^{yourselves} feel in ^(that not very uncommon) danger of
falling in line with your
first cousins; — & look before
you leap in that way, however
attractive the ~~prospect~~ ^{prospect} may appear to be.

Back
↑

Affinities of chemical elements -
Electro-negative, as O or Cl , or
Electro-positive, as K & Na have but slight
affinity for each other; if they combine it is
in unstable compounds usually.

Conclusions:

Law of opposition in reproduction,

general in nature though not quite
~~universal~~ ~~"nature allows self-fertilization" (same)~~
Strongest marked among

highest animals — most of all
in man. ^{Alternate generation of parthenogenesis} — occasional bi-
sexual union necessary —

But, — much the greatest
deterioration attends the duplication
of family disease or constitutional
defect in the marriage of near relations.

If a disease tendency ex-
ists in one parent only — the
other may counteract it in

[End of 30th Lecture, 1873.]

the offspring, - or it may be
at least diluted, and at
last die out. If both
have it, only of the same
stock, - it is doubly fas-
tened upon the child or
children they may have.

And, as absolute per-
fect health of constitution is rare,
probably no family is safe from
this danger, - whatever doubt may
remain as to the degree of the other.
Therefore, in cousins right not
to marry. It would be well if it
could be forbidden altogether.

Perhaps the chances of its being very injurious are
least where there is the least personal likeness; each, as it

family descent.
different side of his or her

more, dependent

1.

Care of pregnant women; avoidance of hard labor

2.

Physical Development of women, for pelvis' sake.

3.

Effect of impressions on the mother, during gestation, on her offspring.

4.

Age of parents, affecting

~~Mental Hygiene next.~~

of Offspring. (Bouchut.)

Male & female, boys; girls. Principal

(Mrs. Parham's - & Allee's theory.)

Modification of it more probably true.

Verill says, - Certain females more prone to see; - Law not yet ascertained. no special influence of male & female.

facts in favor of this view derived from experience of one or two large sheep-breeders in France. If this be the law, it must have many exceptions. I remember three families very decidedly such (Smiths' - Farnums' & Wheelers', & W & J. Scofield's). This subject is a complex & difficult one & not yet settled in a condition for final statements.

THE FECUNDITY RELATIVE TO MARRIAGES IN EUROPE.—The average number of children by marriage varies from 4.73 to 3.07. Russia stands at the head with the number 4.73; France last with 3.07. The ratio of fecundity is as follows: Russia, Spain, Scotland, Ireland, Italy, Hungary, Norway, Sweden, Wurtemberg, Prussia, Holland, Austria, Belgium, England, Saxony, Denmark, Bavaria, France.

The reason for the small increase in the French population cannot be found either in the period of marriages nor in their number, nor in the mortality of infants or adults; but it is solely from the limited (and voluntary) fecundity of marriages.

N. Y. Med. Record

Aug. 28, 1875

...ed fifteen days. S. O. 100, ...
1875.

STERNBERG, GEO. M., Assistant Surgeon.—Granted leave of absence for one month on surgeon's certificate of disability. S. O. 151, Depart. of the Gulf, August 14, 1875.

FORWOOD, WM. H., Assistant Surgeon.—Leave of absence extended two months. S. O. 46, Hdqrs. of the Army, Aug. 12, 1875.

NEWLANDS, W. L., Assistant Surgeon.—Assigned to duty at Camp Halleck, Nev. S. O. 87, Depart. of California, Aug. 6, 1875.

ARE THERE ANY MEANS BY WHICH THE SEXES CAN BE PRODUCED AT WILL? (*New Orleans Medical and Surgical Journal*, May, 1875.)—A series of observations were made by M. Thury, a French veterinary surgeon, with a view to discover, if possible, whether, and in what manner, the sexes could be produced at will in animals. The result arrived at was: that when the male had connection with the female in the beginning of heat in the female, the offspring were females; and when had towards the termination of heat, the result was a male. These results were published; and others who were engaged in raising animals pursued the same course of observations, and verified, by the results obtained, the truthfulness of the theory advanced by M. Thury from his observations. From observations made by medical men with regard to the development of sexes in the human subject, the result arrived at was that in a conception taking place at an early period after the menstrual flow had ceased, the product will be a female; and the farther removed from that period (always omitting four or five days anterior to the following monthly illness), the more likely is it that the child will be a male. We generally find that where there is a difference of fifteen years, more or less, between the ages of parents, with the father the elder of the two, the children are usually males; and this is accounted for on the ground that the father has not the same amount of desire as a younger man; some time usually elapses after the flow before copulation takes place.

REED, W., in person, to the Commanding Officer, Willet's Point, New York Harbor, for temporary duty at that post.

KILBOURNE, H. S., by letter, to the Commanding General, Department of the Missouri.

MERRILL, J. C., in person, to the Superintendent Mounted Recruiting Service, for temporary duty at St. Louis Barracks, Mo.

HALL, W. R., by letter, to the Commanding General, Military Division of the Atlantic.

BARNETT, R., by letter, to the Commanding General, Department of the Gulf.

TORNEY, GEO. H., in person, to the Commanding General, Military Division of the Atlantic, for temporary duty.

CRAMPTON, L. W., by letter, to the Commanding General, Department of the Gulf.

WOOD, M. W., in person, to the Commanding General, Department of the Platte.

TAYLOR, M. E., by letter, to the Commanding General, Department of the Gulf.

NEWLANDS, WM. L., by letter, to the Commanding General, Department of California.

SMITH, ROBERT E., by letter, to the Commanding General, Department of the Missouri.

SHANNON, WM. C., by letter, to the Commanding General, Military Division of the Atlantic.

TESSON, L. S., by letter, to the Commanding General, Department of the Missouri.

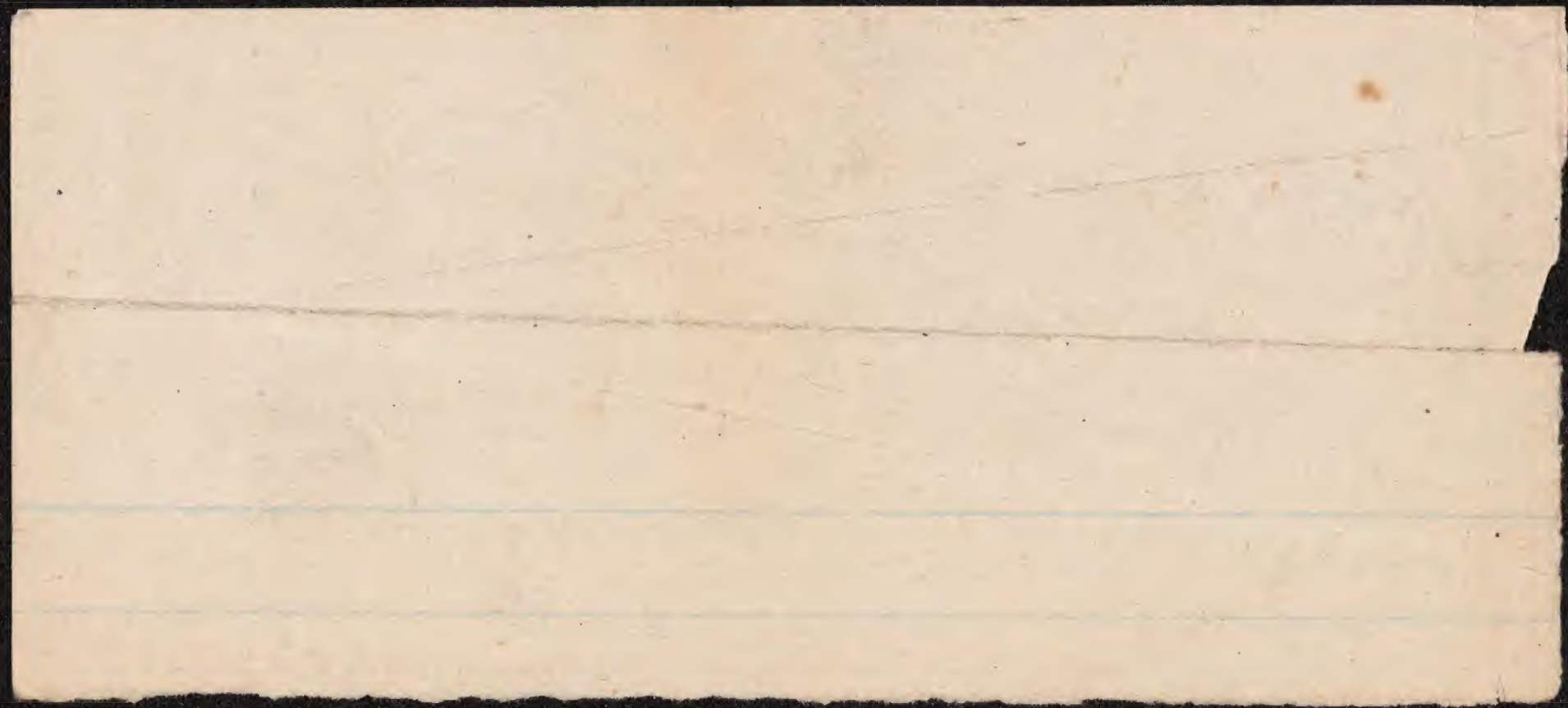
SPENCER, WM. G., by letter, to the Commanding General, Department of the South.

ROSSON, R. L., by letter, to the Commanding General, Military Division of the Atlantic. S. O. 147, c. s., A. G. O.

WORTHINGTON, J. CH., ASSISTANT-SURGEON.—Assigned to duty at Fort McHenry, Md. S. O. 143, Military Division of the Atlantic, July

Says Dr. Elis. Garrett Anderson -
(Contemp. Review) May, 1874)

"It is, we are convinced, a great exaggeration to imply that women of average health are periodically incapacitated from serious work by the facts of their organization."



Wholesomeness of maternity;
Especially of mothers nursing their
own offspring.

Degeneration of American women
in fertility & health of children;
Causes of this. (N. Allen, D.C.)

Hygiene of Menstruation
Prevention of amenorrhoea, dysmen-
orrhoea & menorrhagia.

